

## **Diabetic Summit / Caryn Zinn, RDN 45 mins**

All the speakers have enormous skills in the field of diabetics. Each of them has a unique perspective practice in the treatment of diabetes. For instance, Caryn Zinn, as a dietitian and an educator, philosophical approach to the treatment of diabetes is to consume whole food with low-carb and high-fat content. Caryn Zinn says that many dietitians are afraid of prescribing low-carbohydrate diets for diabetic patients. She explains that when very low carbohydrate levels, ketosis will occur by producing ketone bodies as an energy source. Also, she states that a ketogenic diet is extremely helpful in lowering blood sugar, improving insulin resistance, and improving Hg A1c.

In her way, a low-carbohydrate diet is about 100g of carbohydrates per day. People with insulin resistance may benefit from low carbohydrate food and, higher content of fat food in contrast to mainstream diet. She states that many of her patients improved their sleep and prostate problems, some people's knee pain has disappeared, and inflammatory conditions decreased.

Also, she talks about how mainstream media and many previous studies have downgraded saturated fats. She truly believes that saturated fats are way better than hydrogenated vegetable oils and vegetable fats. Saturated fats are a better choice than those saturated fats in processed foods. Trans fats are definitely to avoid.

Avoiding saturated fats, but increasing carbohydrates is not the best idea.

I would agree with Caryn Zinn on lowering carbs and increasing fats. Her message resembles the ketogenic diet, and the body will enter into starvation mode. This mode

will turn into ketosis, supplying the body with alternative sources of energy ketone bodies. Low blood glucose is beneficial for improving sugar related to all metabolic diseases and syndromes.